

<b>Subject: PSHE</b>		<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Reception</b>	E Safety	What is the internet?		Always ask and adult before you use. Asking an adult if anything pops up.		Being kind to others online.	
	Relationships	I am Me Head, shoulders, knees and toe. Ready Teddy I like, you like, we all like.		Who's Who You've got a friend in me Forever friends Good feelings, bad feelings Me, You and Us. Let's Get Real		Safe inside and out My body my rules Feeling poorly People who help us Growing up Loving God Loving Others	
	Health	Social Distance Charter Hand washing Yoga Scissor Safety Road Safety Daily fitness	How my body moves in different ways. Yoga Daily fitness	Yoga Daily fitness	Good health for keeping safe Yoga Daily fitness	My emotions Healthy Eating Importance of water Yoga Daily fitness	Positive Thinking Identifying fruit and vegetables Sun safety Yoga Daily fitness
	Living in the Wider World	Golden Promises Class charter School rules. Black History awareness	Differences are good Anti-Bullying Week Library Visit	Being aware of our feelings and the feelings of others	Taking turns Library Visit	Library Visit Life Cycles Different environments	Voting and balloting Sportsmanship
<b>Year 1</b>	E Safety	Naming and dating a digital self-portrait	Safely searching for images online.	Understand how to communicate safely online.	Understand what personal information I need to keep safe	Explore how to use email to safely communicate.	Apply my online safety knowledge to help others make good choices online.
	Relationships	<u>Ten Ten Resources</u> God loves you (Autumn 1) Let the Children Come (Autumn 1) Who is my neighbour (Autumn 1)		<u>Ten Ten Resources</u> Special People (Spring 1) Treat others well, (Spring 1) Say Sorry (Spring 1)		<u>Ten Ten Resources</u> Being Safe (Summer 1) Good secrets and bad secrets (Summer 1) Physical contact (Summer 1) Can you Help Me? (Summer)	

	Health	Daily Mile/ Skipping Mental Health Week Social Distance Charter	Daily Mile/ Skipping Anti-Bullying week Yoga	Daily Mile/ Skipping Healthy Eating Body parts including humans	Daily Mile/ Skipping	Daily Mile/ Skipping	Daily Mile/ Skipping
	Living in the Wider World	Class Charter Right and Responsibilities Library Visits Looking after God's Creation Black History Awareness	Being Different	Internet Safety Day Library Visits		Library Visits	Forest School
<b>Year 2</b>	E Safety	Recognise common uses of information technology beyond school.	Use technology safely and respectfully in the context of finding relevant information about a destination using keywords.	Identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies in the context of identifying appropriate websites for children.	Identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies in the context of reviewing websites.	Identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies in the context identifying cyberbullying.	Answering questions about online safety and scenarios to complete a game
	Relationships	<u>Ten Ten Resources</u> I am unique (Autumn 1) Clean & Healthy (Autumn 1) The communities we live in (Autumn2)		<u>Ten Ten Resources</u> Feelings, Likes and dislikes (Spring 1) Feelings inside out (Spring 1) Super Susie Gets angry (Spring 1)		<u>Ten Ten Resources</u> Girls & boys (Summer) The Cycle of life (Summer 1) Harmful Substances (Summer)	

						Three in One (Summer)	
	Health	Daily Mile/ Skipping Mental Health Week Social Distance Charter	Daily Mile/ Skipping Anti-Bullying week Yoga Diet and Exercise	Daily Mile/ Skipping	Daily Mile/ Skipping	Daily Mile/ Skipping Yoga Healthy Eating	Daily Mile/ Skipping
	Living in the Wider World	Class Charter Rights and Responsibilities Library Visits Black History Awareness	Road Safety Talk Forest School	What we need to stay healthy. Internet Safety Day Library Visits		Library Visits Fire Safety	
Year 3	E Safety	Recognising cyberbullying	Identifying advertisements online.	Creating strong passwords and understanding privacy settings.	Sending and receiving emails safely.	Exploring the different ways we communicate online.	Using knowledge about online safety to plan a party online.
	Relationships	<u>Ten Ten Resources</u> Get Up (Autumn) Jesus my friend (Autumn 1) Family Friends and Others (Autumn 1) When things feel bad (Autumn 1)		<u>Ten Ten Resources</u> The Sacraments (Spring 1) Sharing online (Spring 1) Chatting online (Spring 1) Physical contact - Safe in My Body(Spring 1)		<u>Ten Ten Resources</u> Friendship Cake (Summer) A Community of Love (Summer) First Aid Heroes (Summer)	
	Health	Daily Mile/ Skipping Mental health Week Healthy Eating Food groups How skeletons and muscles help us move Social Distance Charter	Daily Mile/ Skipping Anti-Bullying week Yoga Good Quality sleep	Daily Mile/ Skipping	Daily Mile/ Skipping	Daily Mile/ Skipping Sun Safety	Daily Mile/ Skipping

	Living in the Wider World	Class charter Rights and responsibilities Library Visits Black History Awareness	Scoot ability	Internet Safety Day Library Visits	Forest School	Library Visits	
Year 4	E Safety	Thinking about how online messages can be hurtful and how to appropriately respond.	Using search engines accurately	Finding out about online plagiarism.	Creating their own sample online game account, highlighting information which is acceptable to include.	Giving examples of how to be a good digital citizen.	Creating an online safety character.
	Relationships	<u>Ten Ten Resources</u> We don't have to be the same (Aut 2) Respecting Our Bodies (Autumn 2) How Do I love Others? (Autumn)		<u>Ten Ten Resources</u> What am I feeling (Spring 1) What am I looking at? – Social Media, Stereotypes and Media (Spring 1)		<u>Ten Ten Resources</u> I am thankful (Summer 1) What is Church (Summer 1) Drug, Alcohol, Tobacco (Summer)	
	Health	Daily Mile/ Skipping Mental health Week Social Distance Charter Dental Hygiene Our Digestive System	Daily Mile/ Skipping Anti-Bullying week Yoga	Daily Mile/ Skipping	Daily Mile/ Skipping	Daily Mile/ Skipping Dental Health Water Safety	Daily Mile/ Skipping Water Safety
	Living in the Wider World	Class Charter Rights and Responsibilities Mini Vinnies Library Visits Black History Awareness	Mini Vinnies	Forest School Mini Vinnies Internet Safety Day Library Visits	Bullying Questionnaires Mini Vinnies	Swimming Lessons Mini Vinnies Library Visits Looking after our Environment.	Swimming Lessons Year 4 Sleepover Mini Vinnies

<b>Year 4</b>	E Safety	Identifying and avoiding spam emails.	Writing citations for the websites I use for research.	Following rules to help create strong passwords.	Finding out how photos can be altered and presented as reality online.	Planning a story about the consequences of not following online safety rules. Applying these rules in real life scenarios.	Creating a comic strip about the consequences of not following online safety rules. Applying these rules in real life scenarios.
	Relationships	<u>Ten Ten Resources</u> Under Pressure (Autumn 1), Do you want a piece of cake? Pete Under Pressure Autumn 1 Is God calling you? (Spring 1)		<u>Ten Ten Resources</u> Self-Talk (Spring 1) Catholic Social Teaching Reaching Out		<u>Ten Ten Resources</u> Sharing isn't Always Caring (Summer 1) Calming The Storm Summer 1 Cyberbullying (Summer 1) Changing bodies,(Autumn 2 What is puberty (Summer 2) Physical contact - Abuse (Summer 1)	
	Health	Daily Mile/ Skipping Mental Health Week Social Distance Charter	Daily Mile/ Skipping Anti-Bullying week Yoga	Daily Mile/ Skipping	Daily Mile/ Skipping	Daily Mile/ Skipping Life Cycles	Daily Mile/ Skipping How Humans Change as They Grow Older.
	Living in the Wider World	Forest School Class Charter Rights and Responsibilities Year 5 Puberty Talk Y5 Residential Trip Social Distance Charter Library Visits Fire Safety Black History	Dementia friends training	Internet Safety Day Library Visits Visits to the Dementia Cafe	Anti - Bullying Questionnaires	Library Visits Visits to the Dementia Cafe	Diversity and equal opportunities talk

		Awareness Stewards of the Earth					
Year 6	E Safety	Comparing cyberbullying to bullying in person and developing strategies for dealing with online bullying.	Identifying secure and insecure websites	Identifying information that is safe and unsafe to share with online friends	Evaluating media aimed at boys and girls. Identifying how the media play a powerful role in shaping ideas about girls and boys.	Identifying how to behave in a range of online scenarios.	Use knowledge of online safety to create a multiple- choice quiz
	Relationships	Spots and sleep Gifts and Talents Making Good Choices Impacted Lifestyles		Body Image (Spring 1) Peculiar Feelings (Spring 1) Emotional Changes (Spring 1) Seeing Stuff On Line (Spring 2)		Boy's Bodies, Girl's Bodie (Summer 2) Making Babies Pt 1 and 2 (Summer 2) Menstruation (Summer 2) Giving Assistance (Summer 1) Equality and respect for all- homophobic bullying. (Summer 1)	
	Health	Daily Mile/ Skipping Mental health Week Drugs, alcohol and tobacco. Balanced diets The circulatory system and the heart. Social Distance Charter	Daily Mile/ Skipping Anti-Bullying week Yoga	Daily Mile/ Skipping Bike ability	Daily Mile/ Skipping	Daily Mile/ Skipping Personal Hygiene.	Daily Mile/ Skipping Relationships and Sexual Education

	Living in the Wider World	Residential Trip Yoga Class Charter Rights and Responsibilities Social Distance Black History Awareness Library Visits	Road Safety Talk Transport for London	Internet Safety Day Library Visits	Anti - Bullying Questionnaires Bike Ability	Money Financial Matters First Aid Library Visits	Transition to Secondary School
<b>Character Education</b>		Courage	Cooperation	Patience	Honesty	Determination	Self-discipline
<b>British Values</b>	<ul style="list-style-type: none"> <li>• Democracy</li> <li>• Rule of Law</li> <li>• Individual Liberty</li> <li>• Mutual Respect</li> <li>• Tolerance of different faiths and beliefs</li> </ul> <p><b>Discuss throughout whole curriculum see termly plans for all subjects.</b></p>						